

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

TASK FORCE URGES ROUTINE OSTEOPOROSIS SCREENING FOR WOMEN 65 AND OLDER TO IDENTIFY THOSE AT RISK FOR FRACTURE

The U.S. Preventive Services Task Force today recommended that women 65 and older be routinely screened for osteoporosis to reduce the risk of fracture and spinal abnormalities often associated with the disease. The Task Force also recommended that routine screening begin at 60 for women who weigh less than 154 pounds and do not take estrogen.

The recommendation, titled, "Screening for Osteoporosis in Postmenopausal Women, is published in the September 17 *Annals of Internal Medicine*, and can be viewed on the Agency for Healthcare Research and Quality (AHRQ) Web site at <http://www.ahrq.gov/clinic/3rduspstf/osteoporosis/>.

Previous USPSTF recommendations, summaries of the evidence, easy-to-read fact sheets explaining the recommendations, and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or e-mailing ahrqpubs@ahrq.gov.

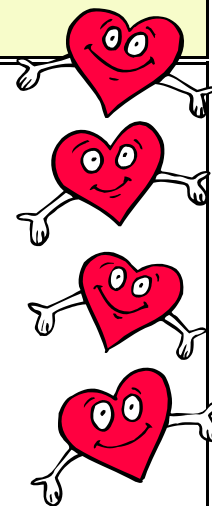
Living with a Healthy Heart

Did you know that heart disease is the number one killer of women in the U.S.? Learn more about your heart and blood vessels, and what you can do to protect them and improve your health now and for years to come!

Steps you can take:

- Quit smoking. Smoking increases your risk for heart attack and stroke. Ask your health care provider for help.
- Control your blood pressure. Cut down on sodium, salt, and alcohol.
- Control your blood cholesterol. Get your cholesterol checked at least once every five years.
- Control your weight. Avoid fad diets and diet pills.
- Exercise most days for 30 minutes.
- If you have diabetes, monitor and control your blood sugar levels.
- Talk with your health care provider about your heart disease risks and your family's heart disease history.
- Ask your health care provider if using oral contraceptives (birth control pills) or hormone replacement therapy (HRT) is safe for you.
- Reduce your stress level.
- If you are over 50, talk with your health care provider about aspirin therapy.
- If you have ever had a "mini stroke," or transient ischemic attack (TIA), tell your health care provider right away.

For free health publications, call the National Women's Health Information Center at (800) 994-WOMAN (9662), 888-220-5446 (TDD), or visit website <http://www.4woman.gov>.



"Exercise does not take time out of your life. It put life into your time." Linda Maxwell